



REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY

COMMANDING GENERAL, UNITED STATES ARMY ACCESSIONS COMMAND
DEPUTY COMMANDING GENERAL FOR INITIAL MILITARY TRAINING
90 INGALLS ROAD, BUILDING 100
FORT MONROE, VIRGINIA 23651-1065

ATBO-M

18 Jul 06

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Heat Injuries II: Prevention and Treatment Digital Video Disc (DVD)

1. References:

- a. TRADOC Regulation 350-29, Prevention of Heat and Cold Casualties, 16 Jul 03.
- b. Technical Bulletin MED 507, Heat Stress Control and Heat Casualty Management, 7 Mar 03.

2. Soldiers are vulnerable to heat injuries because training and fighting workloads can overload the body's cooling systems, especially in hot, humid weather. Aggressive heat injury prevention and treatment measures will keep our Soldiers healthy while preparing them for the world's harshest environments.

3. Heat injury prevention steps include:

- a. Plan all training with the Risk Management worksheet, being sure to factor in back-to-back days of high heat category exposure.
- b. Monitor the onsite Wet Bulb Globe Thermometer (WBGT) frequently.
- c. Modify training/physical activity, uniform, and equipment for heat conditions.
- d. Follow the work/rest/hydration rules for each heat category.
- e. Monitor food intake and hydration status (Ogden cords, drinking schedules, and urine output/color).

4. The most effective treatment for heat stroke, to prevent damage to the brain and vital organs, is to immediately remove the casualty's outer clothing; apply iced sheets; and evacuate the casualty to the closest medical facility. Leaders should train and equip unit combat lifesavers in the use of iced sheets, and ensure medical units are equipped with iced sheets.

5. Delegate decision-making authority for modifying training events, uniforms, and equipment loads, based upon the heat category onsite, to the lowest appropriate level.

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If heat injuries occur, leaders should immediately re-evaluate the situation and take appropriate measures to reduce the risk.

8. Heat injury prevention resources can be found at the TRADOC Surgeon's website: <http://www.tradoc.army.mil/surgeon/index.htm> and the United States Army Center for Health Promotion and Preventive Medicine (USACHPPM) website: <http://chppm-www.apgea.army.mil/heat/>. The Heat Injury Risk Management I and Heat II, Prevention and Treatment, videotapes/DVDs can be ordered from DAVIS/DITIS on <http://dodimagery.afis.osd.mil/>.

9. The points of contact in the TRADOC Surgeon's Office are MAJ Gerald Forest, email: Gerald.a.forest@us.army.mil, or MAJ Jennifer Cummings, email: cummingsjl@monroe.army.mil at DSN 680- or commercial (757) 788-2097.



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